

# The POTATO

- ~ The potato is one of the most economical, as well as nutritious, foods we have at our fingertips. Besides always being a good buy and only pennies per serving they are very versatile. They can be baked, boiled, fried, mashed, broiled, and chipped. They can be served fairly plain or extremely fancy. Of course the more you do to them or manufacturers do to them - the more they cost and the more fat and calories as well as other nutrients will change.



FOOD COMPARISONS	CAL	FAT(gm)	VIT C (mg)	CHO (gm)
1 med. potato (baked w/o skin)	110	0	17	6.7
1 med. apple	81	.5	8	21.1
1 C. cottage cheese (2% fat)	203	4.4	0	8.2
1 hamburger (extra lean) patty, 3.5 oz. (broiled, plain)	256	16	0	0
1 cup rice, cooked	223	.2	0	49.6
1 slice pizza - pepperoni	232	8	0	19
Potato w/broccoli and cheese	397	18	30	40

- ~ Potatoes are an excellent source of starch and a good source of fiber. In fact, the potato is a nutrient-dense food source of Vitamin C, B<sub>6</sub>, iron, and many other important trace elements. It is also low in sodium and high in potassium and is 99.9% fat-free. The following chart will let you see those nutrients:

A Potato (Medium S a pound) Contains . . .			
Nutrients		% US Recommended Daily Allowance	
Calories	110	Protein	6%
Protein	3 gm	Vitamin C	50%
Carbohydrate	23 gm	Thiamin	8%
Fat	0 gm	Niacin	10%
Dietary Fiber	2710 mg	Iron	8%
Sodium	10 mg	B <sub>6</sub>	15%
Potassium	750 mg	Folacin	8%
		Phosphorus	8%
		Magnesium	8%

## **MYTHS:**

The potato is too often associated with high calories when, in fact, it is not the potato but what is put on the potato that adds the most calories. One medium potato has 114 calories. Add 1 tablespoon of butter and the **calories are doubled**.

### **Try having a potato bar and add:**

- \*Tomatoes      \*Bacon bits
- \*Green onions    \*Low-fat sour cream
- \*Mushrooms      \*Herbs
- \*Cheese           \*Sesame seeds
- \*Sunflower seeds   \*Green peppers

## **PURCHASING:**

Potatoes come in four basic types and numerous varieties of these types. The types are Russet, Round Red, Long White, and Round White. "New" potatoes are simply potatoes that come to market directly from the field and are not placed in storage. They are generally harvested to be smaller in size and have a unique tender skin texture. U.S. grading is done on a voluntary basis - except where required by state laws of Federal Marketing Order. **U. S. No. 1** is the grade generally available to consumers. These are designed to provide some protection against serious defects.

Potatoes should be fairly clean, firm, smooth and be uniform in size. Avoid potatoes that are wrinkled or have wilted skins, or soft dark areas, cut surfaces, or with a green appearance. **Green skins should not be eaten!**

## **PREPARATION:**

- , Gently scrub potatoes with vegetable brush. Leaving skin on potatoes during cooking is an excellent way to conserve their nutrients.
- , If potatoes need to be peeled before cooking, peel as thinly as possible to retain nutrients.
- , Potatoes retain nutrients better if cooked whole. However, they may be halved, sliced, or diced before cooking if shorter cooking time is desired.
- , Peeled potatoes can turn dark if not protected. Cover with water that contains 1-2 teaspoons lemon juice. Prolonged soaking is not recommended as it can result in vitamin loss.

## **STORING:**

- Ë Store in cool, humid, dark place with good ventilation. The ideal temperature is 45° - 50°.
- Ë Warm temperatures encourage sprouting and shriveling. Potatoes that have sprouted can still be used - just break off sprouts.
- Ë Prolonged exposure to light causes the green skin color - and the skin should not be eaten.
- Ë Potatoes stored in the refrigerator will develop a sweet taste and will darken when cooked.



## **FREEZING:**

Because of the wide variety, high quality and economy of processed potato products and the year round availability of fresh potatoes, most people do not choose to freeze potatoes.

### **If you do, keep these points in mind:**

- Ë The best potatoes for freezing are those that have been cooked first - mashed, baked, stuffed, or french fries.
- Ë Raw potatoes do not freeze well!
- Ë Cubed cooked potatoes will lose moisture upon thawing and will break down with prolonged cooking faster than fresh raw.
- Ë Maximum freezer storage is one month.
- Ë Freeze in airtight or well wrapped containers or packages.

## **EQUIVALENTS:**

- |                |   |                       |
|----------------|---|-----------------------|
| 1 pound, fresh | = | 3 medium potatoes     |
|                | = | 2 cups mashed         |
|                | = | 2 ½ cups peeled/diced |
|                | = | 3 cups peeled/sliced  |
|                | = | 2 cups french fries   |

## BAKED POTATO TOPPERS

*Baked potatoes are a great meal idea **S** in fact, they can be a complete meal in a hurry! By simply using various toppings, baked potato dinners could be used every week. Here are some topping ideas...*

### MUSHROOM SAUCE

1 cup butter or margarine  
1 large onion, chopped finely  
2 cans mushroom soup  
1 pint sour cream



Sauté onion in butter until tender. Add soup and bring to a simmer. Add sour cream and serve while warm (do not overheat or cream will curdle)

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### PIZZA SAUCE

½ lb. extra lean ground beef	½ teaspoon salt
1 small onion, chopped	Dash pepper
½ cup green pepper, ch.	¼ teaspoon oregano
1 large tomato, chopped	¼ teaspoon basil
2 tablespoons catsup	

Brown ground beef, onion and green pepper; drain. Stir in tomato, catsup and seasonings. Pour onto potato; sprinkle mozzarella over top if desired. Broil until melted.

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### ORIENT EXPRESS

2 potatoes, large  
1 can boneless, skinless salmon (6 ½ oz)  
2 tablespoons soy sauce  
1 teaspoon lemon juice  
¼ teaspoon oriental sesame oil  
Chives, snipped  
Red pepper mix (optional)

Wash, dry and prick potatoes with a fork. Microwave on high power until just tender (8-10 minutes), turning once. While potatoes are cooking, drain and flake salmon. Add soy sauce, lemon juice and sesame oil. Toss; set aside. Split open cooked potatoes; squeeze gently to fluff. Top with salmon mixture; sprinkle with chives and red pepper mix. Serves 2. Calories/serving: 374; Protein 32 Gm; Carbohydrate 44 Gm; Fat 6 Gm; Sodium 1506 Mg; Fiber 5 Gm.

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### HAM IT UP

1 ½ cups ham, diced	2 tsp. horseradish
1 carton plain non-fat yogurt (8 oz) or sour cream	¼ cup green onions, chopped
½ cup frozen peas, steamed	

Combine all ingredients; serve over baked potatoes.

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### DILLY CHICKEN & BEANS

2 cups cooked chicken, cubed  
1 cup frozen cut green beans  
½ teaspoon dried dill weed  
1 package white sauce mix (prepared)

Steam beans; drain. Add chicken, dill and beans to prepared white sauce. Spoon onto baked potato.

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### TUNA VEGGIE

2 cups frozen broccoli, cauliflower, carrots blend  
1 cup tuna, drained  
1 carton plain non-fat yogurt (8 oz)  
½ cup tomato, chopped  
2 tablespoons Parmesan cheese  
1 tablespoon fresh basil (½ teaspoon dried basil)

Steam vegetables; drain. Mix with remaining ingredients. Spoon onto baked potato; sprinkle with additional grated cheese if desired.

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### BLACK BEANS & SALSA

1 carton plain non-fat yogurt (8 oz)  
½ cup salsa  
1 cup canned black beans, rinsed, drained  
¼ cup green pepper, chopped  
½ cup Monterey jack cheese, grated

Combine yogurt, salsa, beans and green pepper. Spoon over baked potatoes; sprinkle with cheese. Microwave on High for 1 minute or until cheese melts.

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## **POTATO PANCAKES - 1**

2 cups raw potatoes, finely grated  
¼ cup water  
2 eggs, well beaten  
¼ cup biscuit mix  
1 ¼ teaspoons salt

Mix all ingredients into bowl; blend well. Drop into hot oil (1/4" deep); fry until golden brown.

Makes 18.

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## **POTATO PANCAKES - 2**

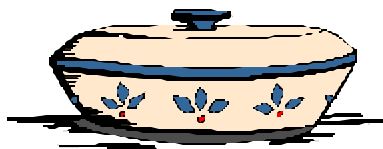
3-4 medium potatoes  
1 egg  
1 teaspoon onion, grated  
1 ½ tablespoons flour  
1-2 tablespoons milk

Boil, peel and finely grate the potatoes. Add the rest of the ingredients to form stiff batter. Melt 1 tablespoon of margarine in a large skillet over medium high heat. Place spoonfuls of batter into pan; lightly brown on both sides.

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## **SOUR CREAM CABBAGE CASSEROLE**

3 cups potatoes, peeled and sliced  
3 cups cabbage, chopped  
1 medium onion, chopped  
1 pound ground beef  
1 can (10 ¾ oz) condensed cream of celery soup  
1 cup sour cream  
½ cup milk

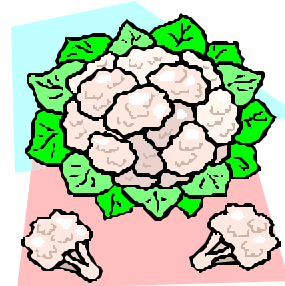


Arrange layers of potatoes, cabbage and onion in 8" square microwave-safe baking dish; cover and microwave on high for 10-12 minutes or until tender-crisp, rotating dish once. Set aside partially covered. Cook ground beef in microwave-safe dish until no longer pink; drain. Sprinkle meat over cabbage mixture. Combine soup, sour cream and milk; spoon over meat. Microwave (70% power) uncovered for 7-8 minutes or until heated through and flavors are blended, rotating once. Serves 6.

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## **POTATTA FRITATTA**

1 ¼ pounds potatoes (3-4 medium)  
½ pound cauliflower (3 cups-florets)  
1 ½ cups milk  
2 tablespoons butter  
2 tablespoons flour  
3 eggs, beaten  
2 tablespoons caraway seeds  
Parmesan cheese  
Salt and pepper, to taste  
Paprika



Peel and quarter 1 pound of the potatoes; add cauliflower and simmer until tender (15-20 minutes). Drain and discard water; add ½ cup of the milk to vegetables and beat with electric mixer to mash coarsely; set aside. In a saucepan, melt butter; stir in flour. Cook and stir over medium heat until thickened. Combine mashed vegetable mixture, milk mixture, eggs, caraway seeds and Parmesan cheese, mixing to blend well. Season with salt and pepper. Peel and thinly slice remaining potatoes; arrange in bottom of buttered 1 1/2 quart oven-proof mold. Add vegetable and egg mixture; cover with aluminum. Set in shallow pan of hot water; bake in 375 degrees F. oven for 55-60 minutes or until set. Cool; chill. Sprinkle with paprika before serving. Serves 8. Calories/Serving: 158.

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## **POTATO NACHOS**

2 medium potatoes, unpeeled  
2 tablespoons vegetable oil  
½ cup cheddar cheese, shredded  
¼ cup fresh cilantro, chopped  
½ cup sour cream  
½ cup salsa

Preheat broiler. Slice potatoes ½-inch thick. Heat oil in a large skillet; add potatoes and sauté until tender. Place on an oven-proof platter; sprinkle with cheese. Broil until cheese melts. Top with cilantro, sour cream and salsa. Serves 4.

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## POTATO LASAGNA

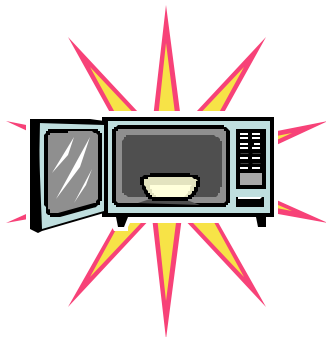
4 large potatoes, peeled and sliced  
(4 cups)  
1 clove garlic, minced  
1 small onion, sliced  
2 cups fresh mushrooms, sliced  
¼ teaspoon salt  
1 cup low-fat cottage cheese  
1 egg, beaten  
1 tablespoon fresh basil, snipped  
1 tablespoon parsley, snipped  
2 medium tomatoes, thinly sliced  
a cup green pepper, chopped  
1 cup mozzarella cheese, shredded  
¼ cup Parmesan cheese, grated

Combine potatoes, garlic and onion in microwave-safe baking dish; cover and microwave on high for 9-10 minutes or until potatoes are just about tender, stirring once. Add mushrooms and salt to potatoes; mix lightly. Combine cottage cheese with egg, basil and parsley. Add to potatoes and mix lightly. Top with tomatoes and green pepper; cover and microwave (70% power) 10-12 minutes or until center is heated, rotating dish once. Sprinkle with cheeses. Microwave on high, uncovered, 2 minutes or until cheese is melted. Let stand about 5 minutes. Serves 6.

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## SAVORY HERBED POTATOES

1 ½ pounds potatoes (4-5 medium), thickly sliced  
1 cup tomatoes, whole, drained  
½ cup onion, chopped  
2 cloves garlic, minced  
¼ cup bread crumbs  
¼ teaspoon thyme  
1 bay leaf

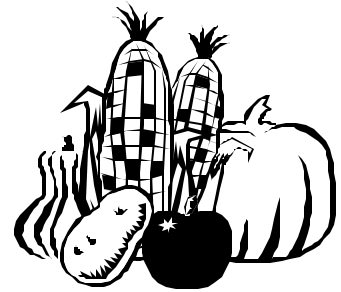


In a 2-quart microwave dish, layer potatoes, tomatoes, onion and garlic. Sprinkle top with bread crumbs and thyme. Tuck bay leaf into middle of the mixture. Microwave on high for 10-12 minutes, turning one quarter turn three times. Serves 4.  
Calories/Serving: 224; Protein 6 Gm; Fat .7 Gm;  
Carbohydrate 50 Gm; Sodium 158 Mg

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## HARVEST VEGETABLES

1 pound red potatoes,  
1 ½" pieces  
3 medium carrots, cut  
into 1" pieces  
1 small onion, sliced  
1 clove garlic, minced  
1 tablespoon water  
1 medium zucchini  
2 tablespoons green  
pepper, chopped  
1 tablespoon fresh chives, snipped  
1 tablespoon fresh rosemary, snipped  
1 tablespoon olive oil  
Salt to taste



Place potatoes, carrots, onion, garlic and water in microwave-safe casserole. Cover and microwave on high for 7-8 minutes or until vegetables are just about tender, stirring once. Add zucchini and green pepper; cover and microwave on high 4-5 minutes or until vegetables are tender; drain. Add chives, rosemary, salt and olive oil; toss to coat evenly. Serves 6.

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## POTATO LOGS

3 medium baking potatoes, scrubbed  
¾ cup herb-seasoned stuffing mix, crushed  
1 tsp. dried herbs, crushed (Italian, rosemary, etc.)  
½ teaspoon salt  
C teaspoon pepper  
½ cup butter or margarine, melted

Preheat oven to 425 degrees F. Lightly butter a jelly roll pan. Cut each potato length wise into eight equal wedges; set aside. Mix stuffing mix, herbs, salt and pepper. Dip each potato wedge into melted butter then into crumb mixture. Place on jelly roll pan; pour remaining butter around potatoes. Bake for 30-40 minutes or until fork tender.

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## **POTATO LOVERS PIZZA**

### ***Crust:***

3 medium red potatoes,  
thinly sliced  
¼ cup water  
Basil  
Freshly ground black  
pepper



Layer potato slices in a microwave-safe dish, add water. Sprinkle with basil and pepper; cover and microwave on high for 10 minutes.

### ***Topping:***

1 tablespoon butter  
2 large yellow onions, thinly sliced  
1 tablespoon sugar  
1 egg white  
3 pasta tomatoes, sliced  
½ cup Parmesan cheese, grated  
1 cup mozzarella cheese, shredded  
¼ cup fresh parsley, chopped

While potatoes are in the microwave, preheat oven to 450 degrees F. Melt butter in large skillet; add onions and sugar. Sauté for 10-15 minutes on high, stirring frequently, until onions are caramelized (keep warm). Layer potatoes on pizza pan; slightly overlapping slices. Brush with egg white; sprinkle on cheeses. Top with tomato slices. Bake pizza 10-15 minutes until cheese is melted. Remove from oven and immediately top with sautéed onions and parsley; slice and serve.

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## **OVEN FRENCH FRIES**

4 medium potatoes (1/2" strips)  
1 tablespoon oil

Preheat oven to 475 degrees. Dry potato strips thoroughly on paper towels. Toss and coat potatoes thoroughly with oil; spread them in a single layer on cookie sheet. Bake for 35 minutes, turning periodically to brown on all sides. (If a crispier, browner potato is desired - broil for a minute or two). Sprinkle with salt before serving. Serves 6.  
Calories/Serving: 80 Fat: 2 Gm.

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## **CREAMY POTATO SOUP**

6 strips bacon, cooked, drained, chopped  
1 cup onion, chopped  
½ cup celery, chopped  
2 teaspoons salt  
¼ teaspoon pepper  
6 medium potatoes, peeled, 1" cubes  
3 cups water  
1 quart milk  
¼ cup flour  
1 tablespoon parsley flakes

Use 2 tablespoons bacon drippings to brown onion and celery until soft. Add salt, pepper, potatoes and water. Bring to a boil; reduce heat, cover and simmer 20-25 minutes until vegetables are tender. Gradually blend milk into flour; add to soup and cook until thickened. Stir in bacon and parsley; serve. Makes 2½ quarts.

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## **ROQUEFORT POTATO SALAD**

½ cup olive oil  
1 tablespoon tarragon vinegar  
2 tablespoons cider vinegar  
2 tablespoons minced shallots  
1 teaspoon Dijon mustard  
1 tablespoon finely minced parsley  
Salt and pepper  
20 small potatoes (2 pounds)  
1 head leafy lettuce  
½ bunch watercress or parsley  
¼ cup Roquefort or blue cheese, crumbled  
¼ cup half and half  
6 slices bacon, cooked & crumbled  
2 tablespoons minced fresh chives

Mix first 7 ingredients to make dressing; set aside. Steam and boil potatoes in their jackets until tender, about 20-30 minutes; slice into a bowl. Pour one-fourth cup of the dressing over the potatoes; mix gently. To serve, line a large platter with lettuce leaves. Arrange potatoes in long even rows divided by ruffles of watercress. Add blue cheese and half and half to remainder of dressing; spoon over potatoes. Sprinkle with bacon and minced chives. Serves 6.  
Calories/Serving: 249; Protein 10 Gm; Fat 14 Gm; Carbohydrates 29 Gm; Cholesterol 43 Mg; Sodium 536 Mg; Fiber 4 Gm.

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## **QUICK POTATO-TURKEY CHOWDER**

2 tablespoons onion, chopped  
2 tablespoons celery, chopped  
2 tablespoons butter or margarine  
½ cup water  
1 quart milk  
Dry instant potatoes (serves 4)  
2 cups cooked turkey or chicken  
1 ½ teaspoons salt  
C teaspoon pepper  
Paprika (optional)

Cook onion and celery in butter until soft. Add water; cover and simmer 10 minutes. Add remaining ingredients, except paprika. Heat to boiling, stirring occasionally. Sprinkle lightly with paprika, if desired. Makes 1 ½ quarts.

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## **POTATO CRISP**

8-10 medium potatoes  
1 can cream of chicken soup  
1 cup sour cream  
½ cup green onion, chopped  
½ cup cheddar cheese, grated  
¼ butter or margarine, melted  
1 cup corn flake crumbs



Boil potatoes until almost tender; peel and cool. Grate with a coarse grater; mix in soup, sour cream, onion and cheese with a fork (if too dry add a little canned milk). Put into large baking pan (9x18). Mix corn flake crumbs and butter; sprinkle over potato mixture. Bake at 375 degrees F. for 45 minutes. \*Can be made ahead and refrigerated. (Add 15 minutes to baking time if cold).

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## **POTATO OMELET**

2 tablespoons margarine	1 cup onions, sliced
2 tablespoons oil	¾ teaspoon salt
3 medium potatoes	4-6 eggs

Slice potatoes 1/8-inch thick. Heat margarine and oil in skillet over medium heat; add potatoes and onions. Cook 10-12 minutes, stirring occasionally. Mix eggs and salt in a bowl; pour over potato mixture. Cook 4-5 minutes until edges are set and bottom is brown. Serve topped with grated cheese if desired.

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## **POTATO CASSEROLE** (Low-fat)

5 large potatoes, peeled, chopped  
¾ cup reduced-fat sharp cheddar, shredded  
1 can cream of chicken soup (10 ¾ oz)  
¼ cup green onion, sliced  
½ cup light sour cream  
¼ cup skim milk  
4 oz. light cream cheese, softened  
1 tablespoon dried parsley flakes  
1 tablespoon butter flavored mix  
¼ teaspoon garlic salt  
¼ teaspoon pepper

Boil potatoes 10-12 minutes or until tender; drain. Rinse with cold water; rinse again. In a large mixing bowl, stir together soup, sour cream, cream cheese and the dry butter-flavored mix. Add 1/4 cup cheese, 3 tablespoons of green onion, skim milk, parsley, garlic salt, pepper and potatoes; stir well. Transfer the mixture to a 2-quart shallow casserole. Bake at 350 degrees F. for 30-35 minutes or until heated through. Sprinkle with remaining cheese; bake 5 minutes more; sprinkle with remaining onion. Serves 10.

Calories/Serving: 174; Cho 26 Gm; Fat 5 Gm;  
Cholesterol 16 Mg.

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## **KILLARNEY POTATO BALLS**

6 medium potatoes	1 egg
2 tablespoons butter or margarine	1 T. green onion, minced
¼ cup sour cream	1 T. parsley, minced
½ teaspoon salt	2 tablespoons butter or margarine, melted
C teaspoon pepper	¼ cup Parmesan cheese
Parsley sprigs	

Peel potatoes; cook in boiling water until tender. Drain; mash until smooth. Beat in 2 tablespoons butter, sour cream, salt, pepper, egg, green onion, and parsley. Shape into 12 balls about 2 inches in diameter; refrigerate at least 2 hours. Preheat oven to 375 degrees F. Place potato balls in an ungreased 9x13" baking pan. Brush with melted butter; sprinkle with Parmesan cheese. Bake for 15-20 minutes or until lightly browned. Serve hot. Serves 6.

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### **TARRAGON, BEAN & POTATO SALAD**

3 cups snapped green beans  
 1/4 cup water  
 6 small red potatoes (1 pound)  
 2 green onions, sliced  
 2 tablespoons vegetable oil  
 1 tablespoon fresh tarragon, snipped  
 1 teaspoon sugar  
 1 teaspoon Dijon mustard  
 1/4 teaspoon salt  
 1 tablespoon lemon juice

Combine beans and water in microwave-safe casserole. Cover and microwave on high for 5-6 minutes or until beans are bright green, stirring once. Scrub potatoes; cut into 1 1/2" cubes then add to beans; cover. Microwave on high 8-10 minutes or until potatoes are tender (stirring once). Drain and cool; add onions. Combine oil, tarragon, sugar, mustard and salt and pour over potato mixture; toss to coat evenly. Chill; stir in lemon juice and serve. Serves 6.

### **STUFFED POTATOES WITH HAM**

4 medium potatoes, <u>baked</u>	1/2 teaspoon salt
1/4 cup skim milk	1/2 teaspoon pepper
2 tablespoons plain	1/4 tsp. onion powder
low fat yogurt	1 tsp. parsley flakes
1/4 cup hot water	4 oz ham, chopped

Halve each potato lengthwise; scoop out centers, leaving 1/4" thick shell. In mixing bowl, combine potato, milk, yogurt, water, salt, pepper, onion powder and parsley. Beat until smooth and fluffy; gently stir in ham. Spoon into potato shell; sprinkle with paprika. Arrange in 12x8" baking dish. Bake at 350 degrees F. for 10 minutes or until thoroughly heated. Serves 4.

### **SCALLOPED POTATOES**

4 medium potatoes  
 1/2 cup onion, chopped  
 1/4 cup flour  
 2 1/2 cups milk  
 1 teaspoon salt  
 1/4 teaspoon pepper

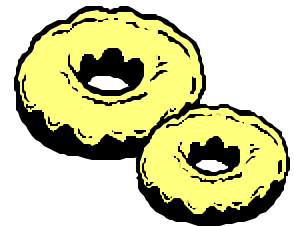
Peel potatoes and cut into thin slices. Grease a medium casserole dish. Place alternating layers of potatoes and onions in dish. Mix flour, milk, salt, and pepper together; pour over potatoes. Bake at 350 degrees F. for 1 1/2 hours. Serves 6.

### **OLD-FASHIONED MASHED POTATO CAKE**

1/2 cup shortening	1 teaspoon vanilla
1 1/4 cups sugar	2 squares chocolate, melted
2 eggs, beaten	1 1/2 cups cake flour
1/2 cup hot mashed potatoes	1/2 teaspoon salt
2 teaspoons baking powder	
1 cup milk	

Cream shortening and sugar, add vanilla. Stir in chocolate, eggs and mashed potatoes. Combine the dry ingredients; add alternately with milk to batter. Spread in a 9x13" baking pan. Bake at 350 degrees F. for 30 minutes or until done.

### **SPUDNUTS**



1 tablespoon yeast  
 1/2 cup warm water  
 1 teaspoon salt  
 1/2 cup sugar  
 1/2 cup shortening  
 2 cups scalded milk  
 1 cup mashed potatoes  
 2 eggs, beaten  
 6-7 cups flour

Dissolve yeast in warm water. Add salt, sugar and shortening to scalded milk; cool. Add potatoes, eggs, yeast, and flour. Knead until smooth; rise 10 minutes. Roll out; cut into doughnut shapes and place on waxed paper. Let rise until double in bulk. Fry in hot oil.

**Top with Glaze:** Combine 2 pounds powdered sugar, 1 teaspoon vanilla, dash salt and 1 cup hot milk or water.



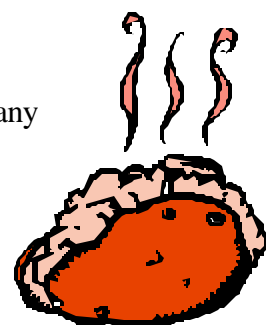
# SWEET POTATO

## *The Healthiest Vegetable Around*

*The Nutrition Action Health Letter rated 58 vegetables by adding up the percentages of USRDA for six nutrients (Vitamins A and C, folate, iron, copper, and calcium), plus fiber. Sweet Potatoes topped the list with a whopping 582 points; its nearest competitor, a raw carrot came in at 434. The Center for Science in the Public Interest rated the relative nutritional value of common vegetables and once again, the Sweet Potato came out on top with a score of 184, compared with a similarly prepared white potato which scored only 83 points.*

### **Did you know that...**

- One cup of cooked Sweet Potatoes provides 30 mg (50,000 IU) of beta carotene (Vitamin A). It would take 23 cups of broccoli to provide the same amount.
- Sweet Potatoes have four times the US Recommended Daily Allowance (USRDA) for beta-carotene when eaten with the skin on.
- Sweet Potatoes are a great source of vitamin E, and are virtually fat-free, which makes them a real Vitamin E standout. Most Vitamin E rich foods, such as vegetable oils, nuts and avocados, contain large amounts of fat. Sweet Potatoes (1 cup) provides 100% of the USRDA for Vitamin E, without the unwanted fat.
- Sweet Potatoes provide many other essential nutrients including Vitamin B6, potassium and iron.
- Sweet Potatoes are a good source of dietary fiber which helps to promote a healthy digestive tract. They even have more fiber than oatmeal.
- Sweet Potatoes are virtually fat-free, cholesterol-free and very low in sodium. A medium Sweet Potato has just 118 calories.



### **NUTRIENT INFORMATION - Medium Baked Sweet Potato**

<b>Nutrients:</b>		<b>Minerals:</b>	
Calories	110	Calcium	32 mg
Carbohydrate	28 g	Iron	.05 mg
Protein	2 g	Magnesium	23mg
Fat	0.1 g	Manganese	0.6mg
Dietary Fiber	3 g	Phosphorus	63mg
<b>Vitamins:</b>		Potassium	397mg
Vitamin C	28 mg	Sodium	11mg
Thiamin	0.1 mg	Selenium	0.8mcg
Riboflavin	0.1 mg	Zinc	0.3 mg
Niacin	0.7 mg	Copper	0.2 mg
Pantothenic Acid	0.7 mg	*Source: U.S. Department of Agriculture, Agricultural Research Service. 1999. USDA Nutrient Database for Standard Reference.	
Vitamin A	24877 IU		
Vitamin E	0.3 mg_ATE		

## **PURCHASING**

- , Select firm, fairly evenly-shaped sweet potatoes with even skin coloration.
- , For the most nutrition value, always select Sweet Potatoes with a deep orange color.
- , Avoid Sweet Potatoes with any signs of decay.

## **STORAGE**

- , DO NOT STORE Sweet Potatoes in the refrigerator. Storing in the fridge will produce a hard core in the center.
- , Store in a cool, dry, well ventilated container at approximately 55 degrees F (basement in summer or garage in winter).

## **TIPS**

- , For the best flavor and freshness, use within a week or two after purchase.
- , Handle carefully to prevent bruising.
- , When cutting, always use a stainless steel knife.
- , Cook in their jackets for more nutrition.
- , Wash and dry thoroughly before cooking.
- , Cooked Sweet Potatoes freeze well. Wrap unpeeled cooked Sweet Potatoes individually in aluminum foil or freezer wrap and freeze.

## **COOKING METHODS:**

- , **Baked:** Prick the skin and bake at 400 degrees F for 40 to 50 minutes or until done.
- , **Mashed:** Place whole potato (unpeeled) in boiling water and cook 35-45 minutes, or until soft. Drain immediately, peel and mash.
- , **Grilled:** Wrap individually in heavy duty aluminum foil. Place on the grill about 5 inches from coals. Cook for 45 minutes or until tender.
- , **Option:** Boil 10 minutes before wrapping in foil, and bury in coals to cook.
- , **French Fried:**  
Boil for ten minutes. Peel, if desired, and cut into strips. Heat oil to 365 degrees F. Cook until golden. Drain, sprinkle with salt, brown sugar, or ground nutmeg.



## , **Microwave:**

For best results, choose Sweet Potatoes that do not vary much in width from center to ends.



Wash and pierce; cook on high for 3-4 minutes (1 medium), turning halfway through cooking time. Remove and wrap in aluminum foil; allow to rest for at least 5 minutes.

- , **Toasted “Chips”:** Scrub and cut into 1/4-inch thick slices. Brush each side lightly with olive oil. Season with salt and pepper if desired. Place the slices on a baking sheet; bake in a preheated 350 degree oven for 15 minutes. Turn the “chips” and bake another 15 minutes or until both sides are lightly toasted.
- , **Sauté:** In a large deep skillet, heat vegetable oil (1 ½” deep) to 365 degrees F. Add Sweet Potato strips to cover bottom of skillet. Sauté 5 minutes or until brown and tender. Remove; drain on paper towels. Sprinkle with salt or powdered sugar.
- , **Fresh:** Wash and peel Sweet Potatoes. Cut into sticks or rounds; place on ice water or in a plastic bag with several ice cubes for 10 minutes. Drain and serve or store in refrigerator for up to 4 days. Serve with dips, applesauce, salsa, or low-fat ranch dressing.

## **OTHER USES:**

- , Substitute for cabbage in salads, especially good in coleslaw.
- , Substitute mashed Sweet Potatoes instead of pumpkin in pie recipe.
- , Substitute for potatoes, apples, or squash in almost any recipe.
- , Substitute for baked potatoes - they are much healthier and are delicious topped with cinnamon and brown sugar blended into whipped butter or margarine.
- , Substitute for carrots in snacks, salads and soups.
- , Sweet Potato sticks cook quickly - blend with chicken or beef in a fajita mixture.
- , Sauté thin strips of Sweet Potatoes with peppers, garlic and chili powder to serve with enchiladas.
- , Sauté thin strips of Sweet Potatoes with strips of ham and onion and add to beaten eggs for an omelet or fritata.